

RECREATION CLASSES

Preschool Programs

A Bug's Life Preschool Class!



Come see what all the buzz is about! Hang out with Flik, Tuck and Roll, Hopper, Manny, Heimlich and Francis! Each class will have songs, crafts, and games from the Bug's Life movies! Get ready for some fun and to let your jitters out! Parent participation is recommended.

Instructor: City Staff

Fee: \$30 per person – Resident
\$35 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3702 2-5 yrs Sep 20-Oct 11 Fri 10:00-11:00 am



Spooktacular Pumpkin Costume Party!

All the little ghosts, goblins, and pumpkins are invited to this spooktacular costume preschool party. There will be spooktastic songs, games, crafts, and a story- and don't forget the boo-licious treat! Come ready to dance! Don't forget to dress up in your favorite costume. Parent participation is recommended for this program.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3703 2-5 yrs Oct 25 Fri 10:00-11:00 am

Monsters Inc. Preschool Class!



It's time for some fun in this Monsters Inc. themed preschool class! Each class will feature a story, crafts, games and a snack so come on out to party with your favorite characters! Sully, Mike Wazowski, Boo, and the rest of the Scare gang are taking time out from Monsters University to come out and play with you! Please report to the Scare Floor! Parent participation is recommended.

Instructor: City Staff

Fee: \$30 per person – Resident
\$35 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3704 2-5 yrs Nov 1-22 Fri 10:00-11:00 am

Youth

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Monday, September 9th at 4:30 pm, please RSVP 350-0985.**

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$145 – Resident
\$150 – Non-Resident

(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes 2 CDs, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3705 9 mos-5 yrs Sep 16-Nov 25* Mon 4:30-5:15 pm
Act#: 3706 9 mos-5 yrs Sep 20-Nov 22 Fri 11:30 am-12:15 pm
Act#: 3710 9 mos-5 yrs Sep 20-Nov 22 Fri 12:30-1:15 pm
*No class 11/18



Three easy ways to register:
online, mail-in or walk-in!
Turn to pages 27-28 for more info.

Holidays with Music Together

Here is your chance to experience a musical holiday celebration, the Music Together way! Children will have the opportunity to create and play in a fun, winter themed environment. These classes are an introduction to a lifetime of holiday musical enjoyment!

Instructor: Elena Salisbury

Fee: \$36 – Resident
\$41 – Non-Resident

(3-week session) Babies under the age of 8 months free with registered sibling.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3707	9 mos-5 yrs	Dec 9-23	Mon	4:30-5:15 pm
Act#: 3708	9 mos-5 yrs	Dec 13-27	Fri	11:30 am-12:15 pm
Act#: 3709	9 mos-5 yrs	Dec 13-27	Fri	12:30-1:15 pm

Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! This class also includes FREE open play for anyone signed up in our gymnastics program. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3711	1-2 yrs*	Sep 9-30	Mon	10:00-10:45 am
Act#: 3721	1-2 yrs*	Sep 10-Oct 1	Tue	10:00-10:45 am
Act#: 3722	1-2 yrs*	Sep 14-Oct 5	Sat	9:00-9:45 am
Act#: 3716	3-4 yrs	Sep 9-30	Mon	11:00-11:45 am
Act#: 3712	3-4 yrs	Sep 10-Oct 1	Tue	11:00-11:45 am
Act#: 3713	5-6 yrs	Sep 9-30	Mon	1:00-1:45 pm
Act#: 3714	5-6 yrs	Sep 9-30	Mon	5:00-5:45 pm
Act#: 3715	1-2 yrs*	Oct 7-28	Mon	10:00-10:45 am
Act#: 3723	1-2 yrs*	Oct 8-29	Tue	10:00-10:45 am
Act#: 3724	1-2 yrs*	Oct 12-Nov 2	Sat	9:00-9:45 am
Act#: 3717	3-4 yrs	Oct 7-28	Mon	11:00-11:45 am
Act#: 3718	3-4 yrs	Oct 8-29	Tue	11:00-11:45 am
Act#: 3725	4-6 yrs	Oct 9-30	Wed	12:00-12:45 pm
Act#: 3719	5-6 yrs	Oct 7-28	Mon	1:00-1:45 pm
Act#: 3720	5-6 yrs	Oct 7-28	Mon	5:00-5:45 pm

* Mommy & Me classes: parent participation required

Fall Registration Dates:

Tuesday, August 13 (Lake Forest Residents)

Tuesday, August 20 (Non-Residents)

TriFyft Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$59 per Parent and Child couple – Resident
\$64 per Parent and Child couple – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3734	2-3 yrs	Sep 27-Nov 1	Fri	3:30-4:00 pm
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TriFyft Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3735	2-3 yrs	Sep 24-Oct 29	Tue	4:30-5:00 pm
Act#: 3736	3-5 yrs	Sep 24-Oct 29	Tue	5:00-5:45 pm

TriFyft Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$79 per Parent and Child couple – Resident
\$84 per Parent and Child couple – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3737	2-3 yrs	Sep 21-Nov 9	Sat	10:00-10:30 am
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